

## Key Tips for Preventing Zika



## A Guide for Home Visits

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## Instructions on How to Use These Cards

### What information will you find in this tool?

- How to organize a home visit using the GATHER steps to promote key behaviours for Zika prevention.

### How are the cards organized?

- Cards on pages 1-4 offer guidance to aid you as a Community Volunteer and/or Health Promoter.
- Cards on pages 5-34 detail the key behaviours for Zika prevention to promote during home visits.
- Each behaviour is colour coded to help you identify it.



## Instructions on How to Use These Cards

- Each behaviour specifies an audience with an icon:



For pregnant couples



For couples  
(Non pregnant women)



For families

- Each card has 2 sides:
  - » One with images to use when talking with the family,
  - » The other with information to help you understand and correctly discuss each behaviour.

### How to use the cards during a home visit:

- Always have the cards on hand when you conduct a home visit.
- The cards can serve as an aid during home visits, but should not distract from your dialogue with the family or divert your attention from what they say.
- Use the front of the card to communicate with the family and use the illustrations to explain the information, behaviours and specific steps.
- Use the back of the card when you need to remember key information or demonstrate something.

# How to Conduct a Home Visit?

**GATHER** is the Key!

# How to Conduct a Home Visit?

**GATHER** is the Key!

## **G:** Greet the person with kindness and respect:

- Present yourself with kindness and respect to whoever opens the door. State your name, work, objective and how much time the visit will take.
- If the family agrees, proceed with the visit or agree on another date to return.
- Ask who else is at home and invite them to join the conversation; specifically try to identify if there is a pregnant woman in the home.
- Greet each person kindly and refer to them by name.
- Create an environment where the person feels comfortable, listens, and trusts you.



## **A:** Ask the person about their needs regarding the Zika prevention behaviours:

- Ask the person about their concerns, information needs and doubts about Zika prevention.
- Encourage the person to ask questions and listen carefully to what they say.
- Maintain eye contact with the person, respect their opinions and do not scold them.
- Ask permission to tour the house with the person to observe how water is stored and identify possible mosquito breeding sites. If there are possible breeding sites, explain the importance of eliminating them.
- Congratulate the family if they have performed effective behaviours to prevent Zika.



## **T:** Tell them about what they can do to prevent Zika:

- Use simple language to explain the desired behaviour and other information that may be difficult to understand but that will help the family take action (for example: explain what Congenital Zika Syndrome is).
- Be tactful and courteous when correcting an incorrect behaviour and indicate how to perform the behaviour properly.
- Use educational materials such as posters, brochures, flipcharts, or cell phone messages.
- Congratulate the person if they indicate they have performed the appropriate behaviour.
- Ask if they have any concerns and address them.



## **H:** Help them make decisions:

- Together with the family, identify solutions, steps and any follow-up needed to achieve the desired behaviour.
- Explain the benefits of the new behaviour for the family, especially for the pregnant mother and the unborn baby.
- Encourage the person, motivate behaviour change, and provide information.



## **E:** Explain by demonstrating how the practice should be done, step by step:

- Demonstrate step by step how to correctly perform the desired behaviour to prevent Zika.
- Give the person the opportunity to practice the new behaviour with you.
- Assist the person with the new behaviour, if necessary. Build their confidence to do the behaviour well.



## **R:** Review what was discussed and return:

- Summarize the conversation. Ask the person to highlight the most important points and action items for the behaviours discussed.
- Actively listen to ensure the person remembers the important information and understands the steps to follow.
- With the person or family, discuss and decide on the behaviour and actions that they will commit to practice.
- If there is more than one behaviour to improve, choose one or two that will be of the greatest benefit to that particular household.
- Register all of the required information from the home visit on your forms.
- Thank the family members for their receptivity and taking the time to participate in the conversation. If applicable, set a date for a follow-up visit.





## What is Zika?

Zika is a virus that can pass from a pregnant mother to her baby, who could be born with **microcephaly**.

There is NO medicine or vaccine against Zika, and most people do not have/experience symptoms. These are the same mosquitoes that carry the dengue and chikungunya viruses.



### How is Zika transmitted?

- 1 From a mosquito bite by an infected Aedes aegypti.**



- 2 From a pregnant mother to the baby during pregnancy.**



- 3 Through sexual intercourse.**



**Together as a family, we can learn about Zika to protect the baby!**

## What is Zika?

**ASK** Have you heard about Zika?

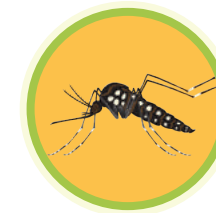
- Zika is a virus that passes from a pregnant mother to the baby, who can be born with Congenital Zika Syndrome, including microcephaly.
- These babies have a smaller skull and brain size than other babies. This affects their physical and mental development, and can cause problems speaking, listening, seeing, moving or learning.
- There is NO medicine or vaccine against the Zika virus, and it does not present any symptoms in the vast majority of cases, therefore it is important to learn how to prevent it.

### How is Zika transmitted?

**ASK** Looking at the card, can you list the ways Zika is transmitted?

**1: From a mosquito bite by an infected Aedes aegypti.**

- Mosquitoes become infected when they feed on the blood of a person already infected with the virus. When they bite others, they pass on the virus.



- These mosquitoes bite mostly in the day.
- These are the same mosquitoes that carry the dengue and chikungunya viruses.

**2: From a pregnant mother to the baby during pregnancy.**

- A pregnant woman who has Zika can pass it to her baby during pregnancy.
- Zika virus infection is one of the causes of Congenital Zika Syndrome, including microcephaly.



**3: Through sexual intercourse.**

- Zika can be transmitted sexually from a person who has the virus to his/her partner even if they have no symptoms.
- The Zika virus can remain in a man's semen for at least 3 months.

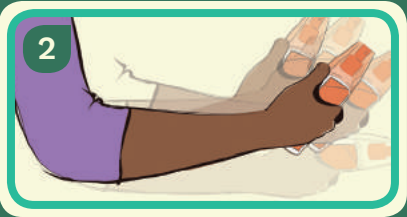


# Apply Mosquito Repellent Throughout Pregnancy

## How do I correctly apply mosquito repellent?

- 1. Read the instructions on the container.
- 2. Shake well.
- 3. Spray at a distance of 15 to 20 cm.
- 4. Apply on the skin.
- 5. Do not apply repellent directly on the face; use your hand.
- 6. Apply several times a day.
- 7. Reapply after sweating or getting wet.
- 8. Pregnant women need to use it to protect the baby.

Remember, repellent does NOT harm the baby; it protects the baby from the consequences of Zika.



Together as a couple, we ensure pregnant women use repellent!

# Apply Mosquito Repellent Throughout Pregnancy



## COMMUNICATE

- Repellent is one of the most effective and safest ways to protect the baby from the effects of Zika.
- If a pregnant woman gets Zika, she can pass it to her baby. The infected baby can develop Congenital Zika Syndrome, which can lead to microcephaly.
- Using repellent during pregnancy does NOT harm the baby; it protects the baby from Congenital Zika Syndrome.
- It is unknown if homemade repellents provide sufficient protection.
- The repellents that we know do work are those that contain:
  - DEET (between 10%-30%)
  - IR3535
  - Picaridin
  - Oil of lemon eucalyptus (not lemon eucalyptus essential oil)
- Repellent should be applied directly on the skin that is not covered by clothing.



## ASK How do you correctly apply repellent?

### Review with the pregnant woman:

- 1. If you have repellent available, show it to the pregnant woman and read the instructions out loud with her.
- 2. Demonstrate how to shake the repellent before using it.
- 3. Spray the repellent at a distance of 15 to 20 cm; this distance is about the size of a hand and a little more.
- 4. The repellent should be applied to skin that is not covered by clothing.
- 5. Do not apply repellent directly to the face. Spray it on the hand first and then apply it to the face.
- 6. Apply repellent several times a day following the specific instructions for that repellent.
- 7. Reapply after sweating or getting wet.
- 8. If you only have a little repellent, the pregnant mother is the most important person in the family who should use it, to protect her unborn baby.



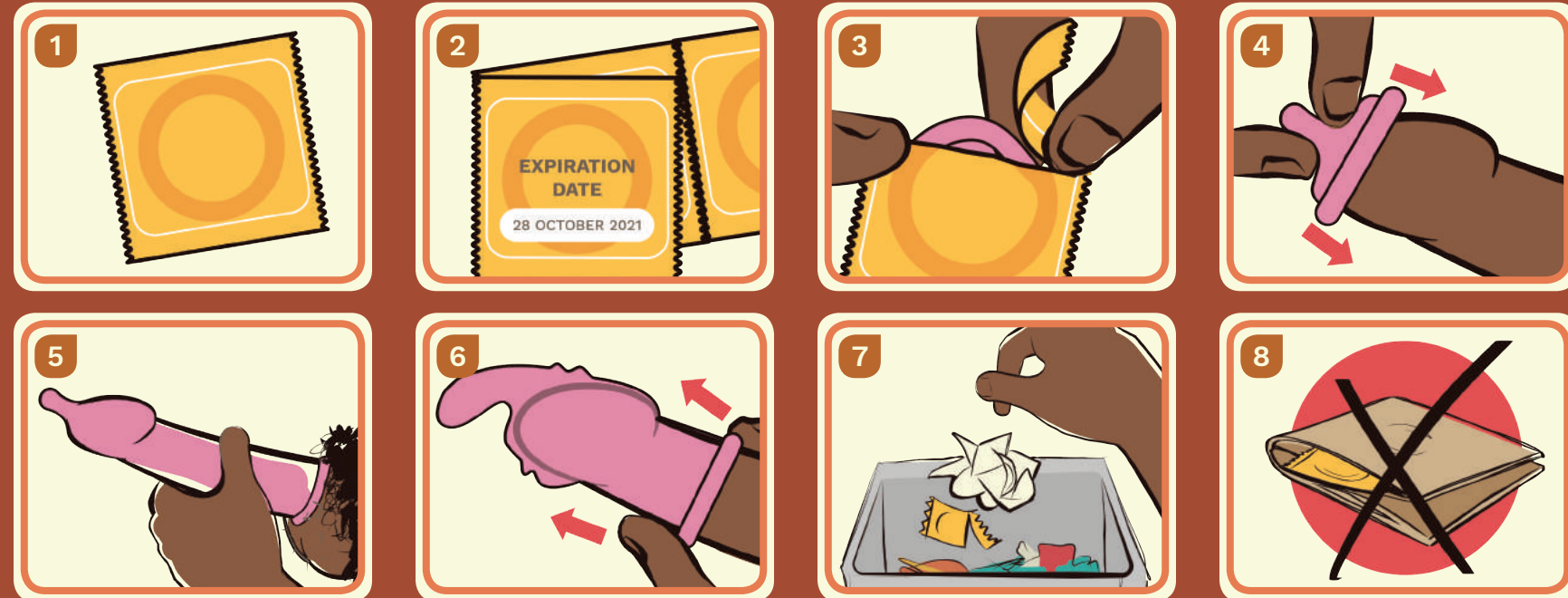
## Use a Condom During Sex Throughout Pregnancy

### Why use a condom?

- Zika can stay in semen for at least 3 months and can be passed through sex.
- You can keep having sex during pregnancy but always use a condom.
- Using a condom during pregnancy can prevent passing Zika between partners, and can therefore prevent the mother from getting Zika and passing it on to the unborn baby.



### How to use a condom correctly?



**Together as a couple, we use condoms to protect our baby from Zika!**

## Use a Condom During Sex Throughout Pregnancy



### ASK Why use a condom?

- An infected person, male or female, can pass Zika to their partner through sex.
- Zika can stay in a man's semen for at least 3 months.
- You can continue having sex during pregnancy but always use a condom.
- Using a condom during pregnancy can prevent passing Zika between the couple. If a pregnant woman gets Zika, it can pass to her baby.
- A child with Zika can be born with Congenital Zika Syndrome, which includes microcephaly and other developmental disorders.
- Reinforce that a condom should be used throughout the pregnancy, even if the couple does not show symptoms of Zika.

### EXPLAIN the drawings step by step:

#### How to use a condom correctly?

1. Use a new condom in each and every sexual act.
2. Verify that the wrapper is not broken and that the expiration date is valid.
3. Open the wrapper where the slit is, using your fingertips, not your teeth.
4. Place the condom on the penis when it is erect, before penetration.
5. When placing the condom, pinch the tip and unroll it to the base.

#### How to remove a condom?

6. After ejaculation, remove the condom from the erect penis. Slide it off, avoiding contact with the semen.
7. Wrap the used condom in toilet paper and place it in the trash.

#### How to carry a condom?

8. Do not carry it in your wallet. This can crush, break or damage the condom.

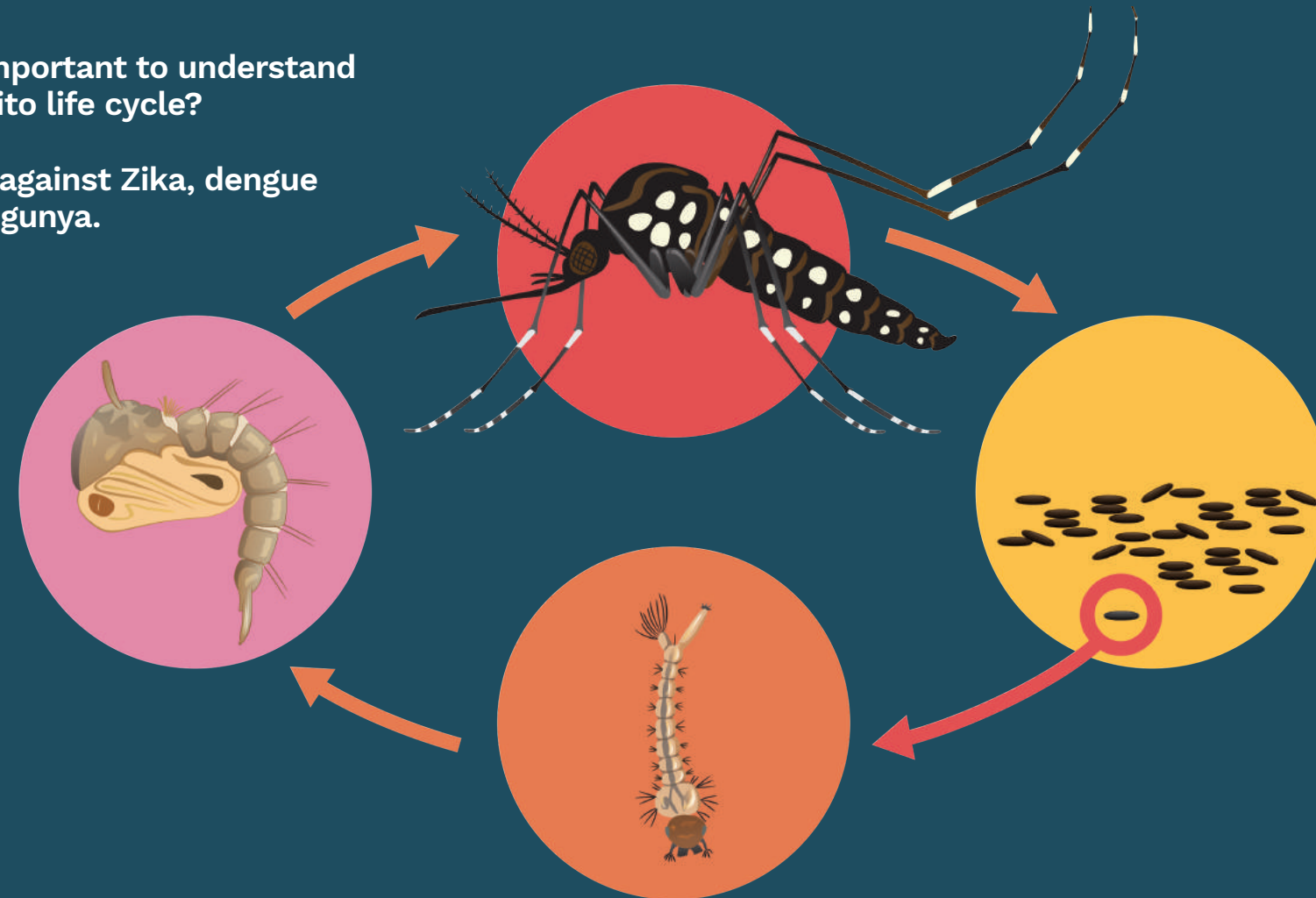




## Understanding the Mosquito Life Cycle

Why is it important to understand the mosquito life cycle?

To protect against Zika, dengue and chikungunya.



**Together as a family, we learn about the mosquito to prevent Zika!**

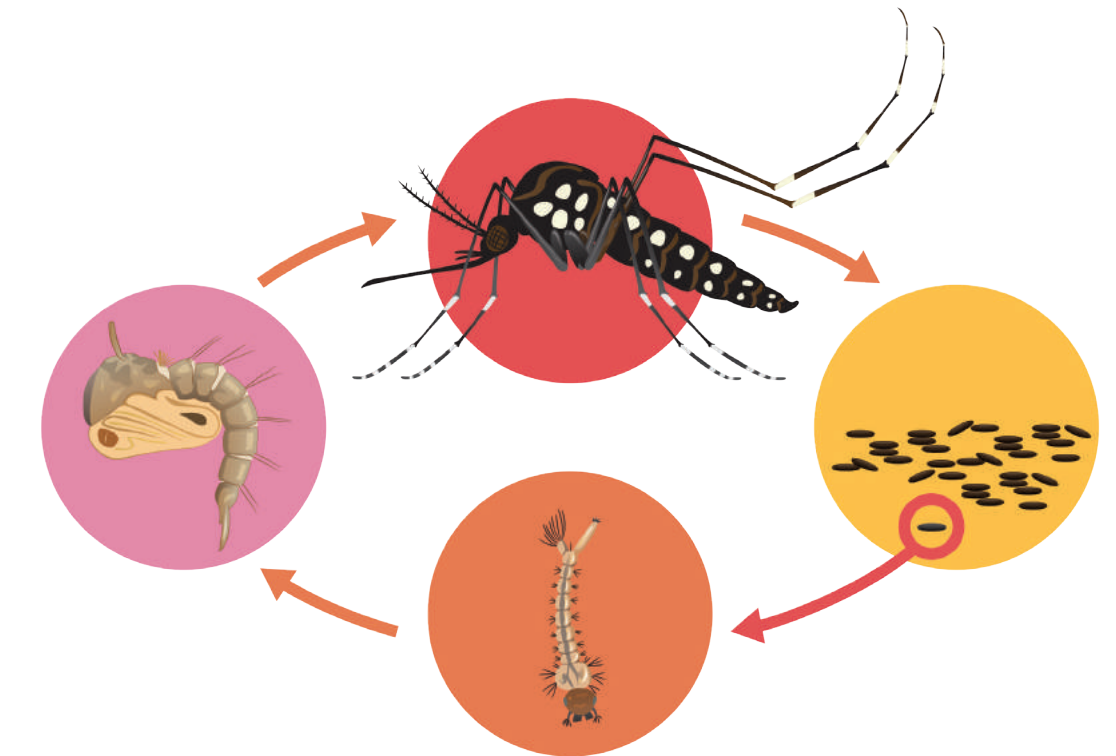
## Understanding the Mosquito Life Cycle

**ASK** What do you know about the mosquito life cycle?

**Explain the mosquito life cycle.**

**Why is it important to know the mosquito life cycle?**

- The Aedes mosquito likes to lay eggs where water collects, inside and outside the home.
- If we see a mosquito inside the house, it is likely that there are breeding sites for eggs in the yard or house.
- The mosquito lays its eggs in containers that accumulate water.
- Mosquito larva become adults in 7-10 days. If we eliminate breeding sites once a week, the eggs and larva will not become adults.



# Search for Mosquito Breeding Sites in the Yard and House

The Aedes mosquito likes to lay its eggs in:

- Clean water or rain water
- Shady areas
- Water containers where leaves accumulate and can feed the larvae

In the yard:



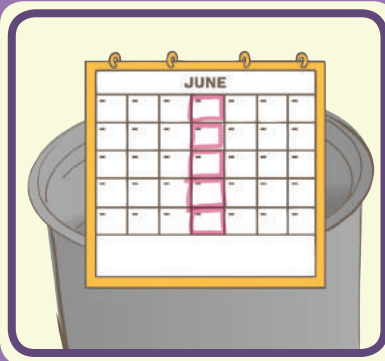
In the house:



Use a white container to collect some water from a storage drum to see if it contains larvae:



Dedicate 15 minutes each week to identify places where mosquitoes like to live and eliminate them.



*Together as a family, we look for mosquito breeding sites!*

# Search for Mosquito Breeding Sites in the Yard and House



**ASK** Where should you look for mosquito breeding sites?

**EXPLAIN** that Aedes mosquitoes prefer to lay their eggs:

1. Where clean or rain water accumulates, especially water containers under shade or where leaves accumulate.
2. In water tanks and containers that are not used often.
3. In frequently used water drums.

In the yard:



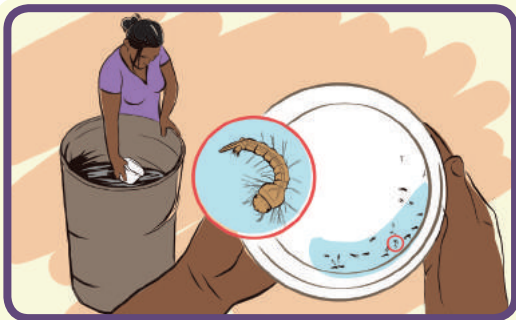
In the house:



**DEMONSTRATE** together with the family how to search for objects inside and outside of the house where water can accumulate.

**DEMONSTRATE** How to use a flashlight to illuminate the eggs or larvae and/or use a white container to collect and inspect water from each possible breeding site to see if it contains larvae.

**COMMUNICATE** Dedicate 15 minutes each week to identifying places where mosquitoes like to live and eliminate them.



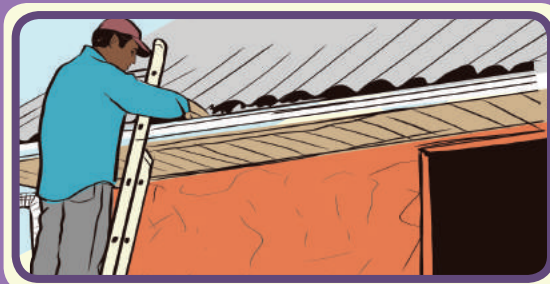


## Eliminate Breeding Sites in the Yard and House

What can we do to eliminate Aedes mosquito breeding sites?

In the yard where clean water or rain water accumulates we can:

- Empty and turn over objects.
- Cover objects and water drums.
- Throw away objects that we do not need anymore.
- Throw away, cover or store tyres away from the rain. You can also poke holes in tyres so water does not accumulate in them.
- Empty and keep gutters on the roof clean.



In the house we can:



**Together as a family, we eliminate breeding sites!**

## Eliminate Breeding Sites in the Yard and House

**ASK** How do you eliminate Aedes mosquito breeding sites in the yard and house?

In the yard where clean water or rain water accumulates we can:

- Empty, turn over, cover or throw away objects and containers that accumulate water and remove objects that we do not need.
- Take action regarding tyres. Throw away, cover or store them away from the rain. You can also poke holes in tyres so water does not accumulate in them.
- These actions should be done at least once a week to keep mosquito eggs and larvae from becoming adults. (Remember the life cycle of the mosquito on page 11.)
- When we eliminate breeding sites, mosquitoes will look for other places to lay their eggs, such as roofs and gutters.
- Empty and keep roof gutters clean to prevent mosquitoes from laying their eggs.

In the house we can:

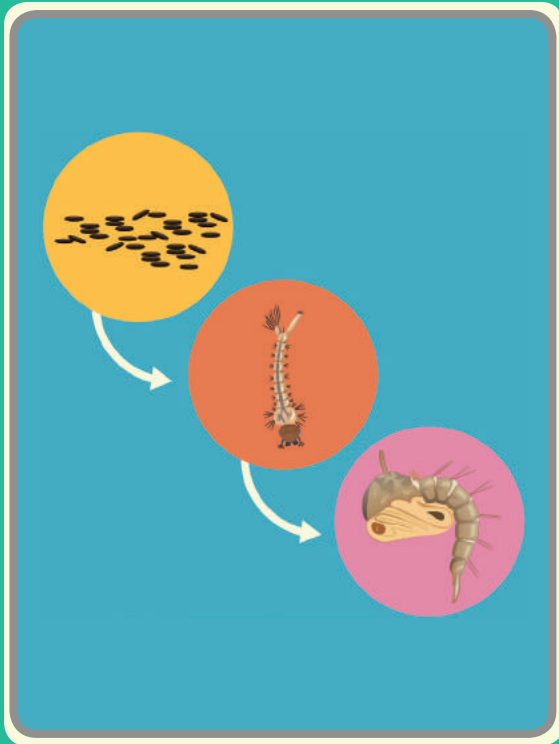
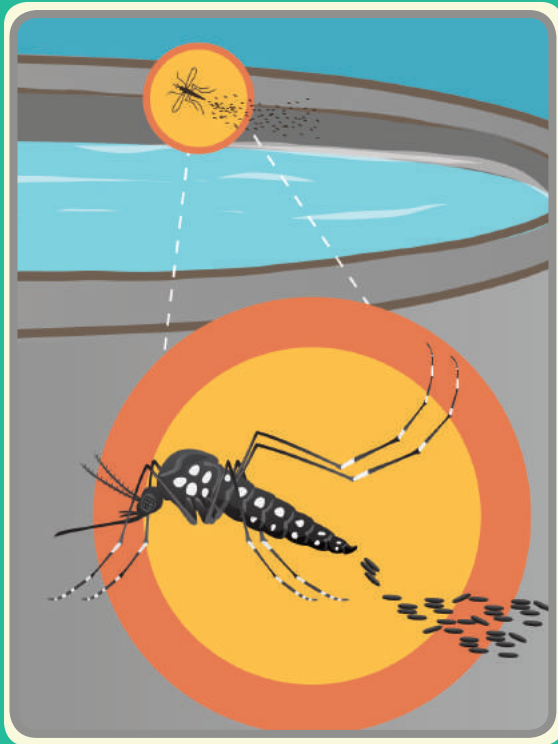
- Change the water in flower vases and animal water bowls every 2-3 days to discard any larvae in the water.
- Discard water that has accumulated in the dishes under flower pots.



# Search for Mosquito Breeding Sites Where Water is Stored

Identify frequently used water drums where Aedes mosquitoes like to lay their eggs.

- The eggs are small and dark-brown and can be hard to see.
- When the eggs hatch, it takes 7-10 days for the larvae to become adults.
- Leaves, algae or dirt at the bottom of the drum feed the larvae so they must be removed.



Together as a family, we look for breeding sites!

# Search for Mosquito Breeding Sites Where Water is Stored



**ASK** In what type of water container do you think the Aedes mosquito likes to lay its eggs?

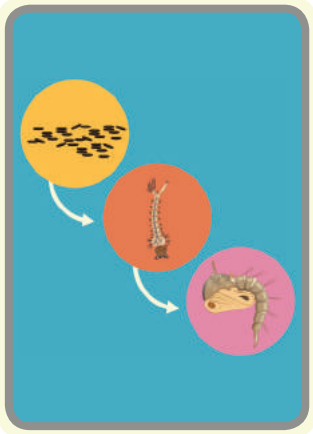
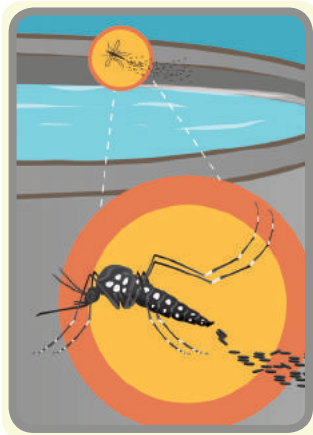
**DEMONSTRATE** and identify together with the family the frequently used water drums where the mosquito that transmits Zika likes to lay its eggs.

**COMMUNICATE** and emphasize that:

- The mosquito lays its eggs on the walls of these water drums just above the water line.
- The eggs are small and dark-brown and can be hard to see.

**DEMONSTRATE** how to find the eggs on the walls of the drum and larvae in the water:

- When the eggs hatch, it takes about 7-10 days for the larvae to become adults.
- The leaves, algae or dirt at the bottom of the container feed the larvae, so they must be removed.



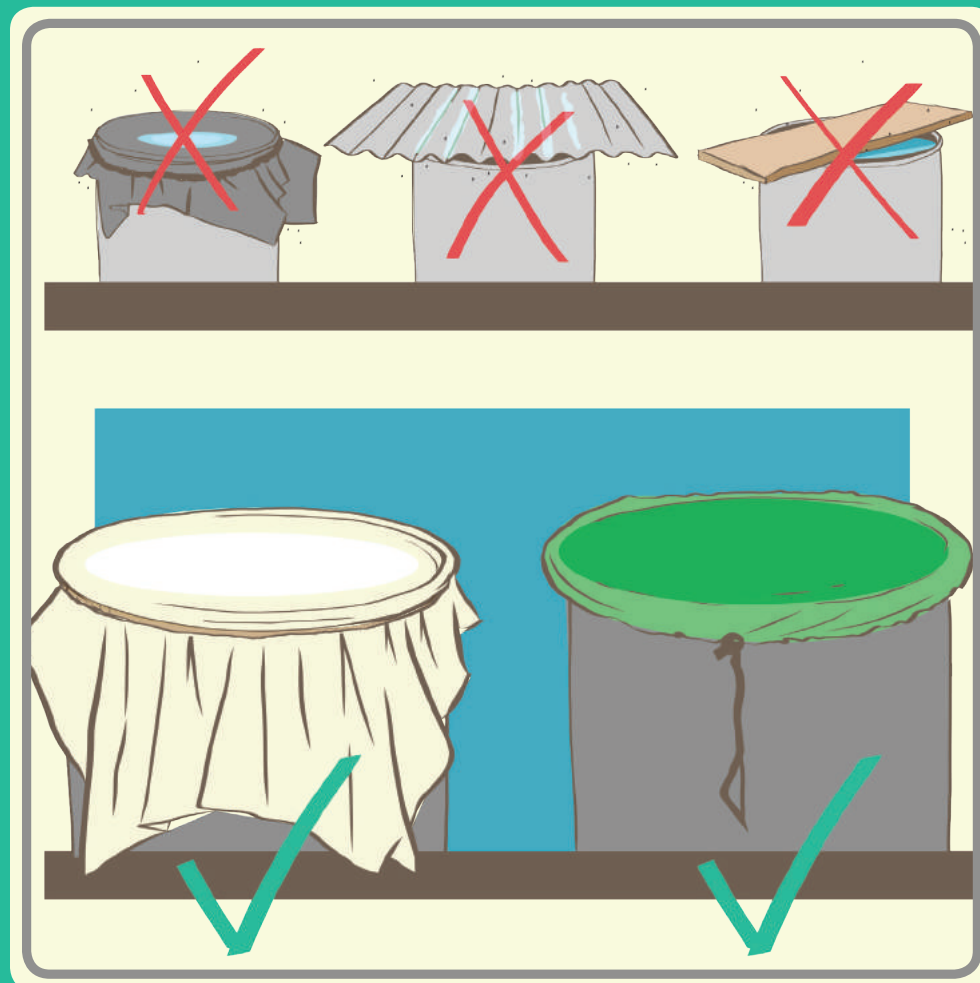


# Eliminate Mosquito Breeding Sites Where Water Is Stored

## Which water containers are not used often?

How to cover water drums that are not used very often?

1. Ensure that the cover used is tight so that it seals well.
2. The cover should NOT touch the water, especially if it is a cloth cover.
3. If the cover is made of cloth, use cloth that allows rainwater to pass through.
4. It must be made of a material that won't crack or change shape in the heat or sun.
5. You can use a mesh / metal screen with very small holes that an adult mosquito could not pass through.
6. The cover should be used every day and at all times.
7. Keep the cover in excellent condition.



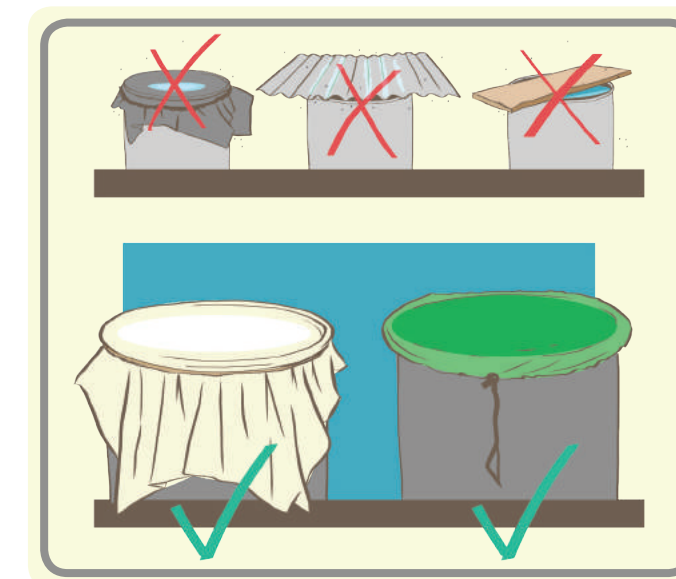
***Together as a family, we eliminate breeding sites!***

# Eliminate Mosquito Breeding Sites Where Water Is Stored

**ASK** Which water containers are not used often?

**DEMONSTRATE** how to use covers for water drums that are not used often (less than once a week).

- Ensure that the cover used is tight so it seals well. If the cover shades the water but does not completely seal, it will create the ideal environment for a mosquito to reproduce.
- The cover should NOT touch the water, especially if it is cloth. Cloth covers can create small puddles where the mosquito can lay its eggs.
- If the cover is made of cloth, make sure that the fabric you use lets rain water pass so that it does not accumulate and become a breeding site.
- It must be made of a material that won't crack or change shape in the heat or sun.
- You can use a mesh / metal screen with very small holes that an adult mosquito could not pass through, as long as it stays in perfect condition and seals well.
- The cover should be used every day and at all times, to prevent mosquitoes breeding in these containers.
- Take care that the cover stays in excellent condition and is replaced as soon as it is ruined or scratched.





Clarifying Note for Program Directors and Technicians

- The following pages detail 4 techniques for weekly elimination of mosquito eggs from water storage container breeding sites.
- The techniques are listed in order of effectiveness from greatest to least effective according to the scientific evidence.

Techniques:

1. Scrub the walls of the water drum with bleach and detergent
  2. Apply bleach just above the water line
  3. Scrub the walls of the water drum with detergent
  4. Scrub the walls of the water drum with a brush only
- It is recommended that stakeholders, organizations and projects at the country level decide in advance which of these 4 techniques is the most appropriate to be implemented.
  - It is recommended that only 1-2 techniques be chosen, taking into consideration the context and the feasibility of the behaviours using the table located on the back of this card.
  - Country level working groups can serve as a forum to decide which of the proposed techniques is the most appropriate to promote.
  - Once the decision is made, it is recommended that only the chosen technique(s) remain in this job aid to avoid confusion among community volunteers and technicians who work at the field level.



Consider the Context and Feasibility of the Recommended Behaviours to Select the Most Appropriate Technique

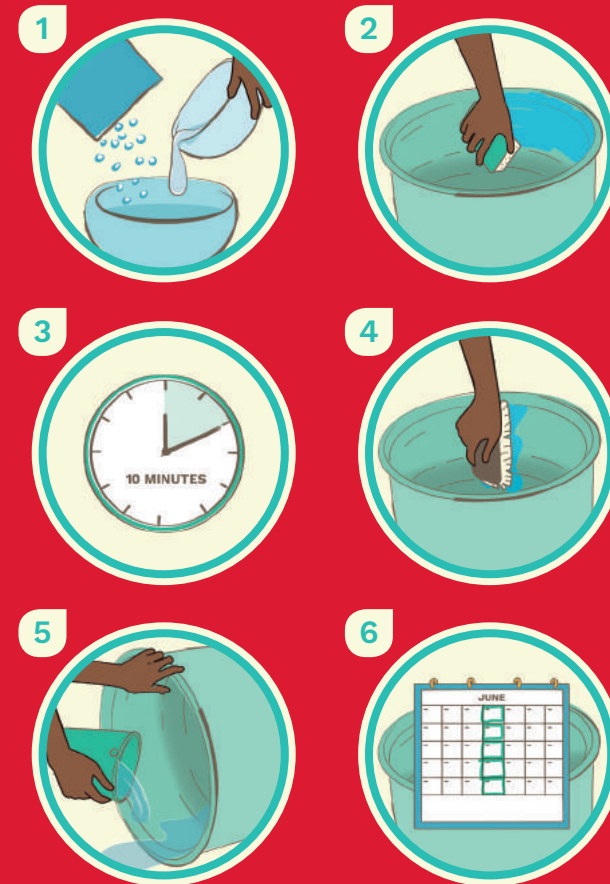
<u>WATER SUPPLY</u>  Are households able to empty water storage containers on a weekly basis?  Note: Container does not need to be empty to begin the cleaning process, but several techniques require rinsing completely. The emptied water may be reserved for rinsing the container.	Yes →	<u>Materials</u>  Are these materials generally available in homes?	Hard-bristle brush	Powder laundry detergent	Bleach	RECOMMENDED TECHNIQUE
			Yes	Yes	Yes	1 or 2
			Yes	Yes	No	3
			No	No	Yes	2
			Yes	No	No	4
	No →	<u>MATERIALS</u>  Are these materials generally available in homes?	Hard-bristle brush	Powder laundry detergent	Bleach	RECOMMENDED TECHNIQUE
			N/A	N/A	Yes	2

## Technique-Scrub the Walls of the Water Drum with Bleach and Detergent

### Eliminate mosquito eggs from the walls of water drums weekly

#### Steps to follow:

1. Mix household liquid bleach with powder laundry detergent (that does not contain ammonia) in equal amounts without adding water to make a paste.
2. Using a sponge, apply the mixture to the inside walls of the entire drum. If there is not enough mixture to cover the entire wall, prepare more. You may prefer to empty the water container completely before applying the mixture.
3. Wait at least 10 minutes for the bleach to have contact with the eggs.
4. Use a plastic brush with hard bristles to scrub the walls of the drum with the mixture for at least 5 minutes.
5. Rinse the walls of the drum with water to remove the bleach and detergent mixture, then refill as planned.
6. Repeat the technique weekly.



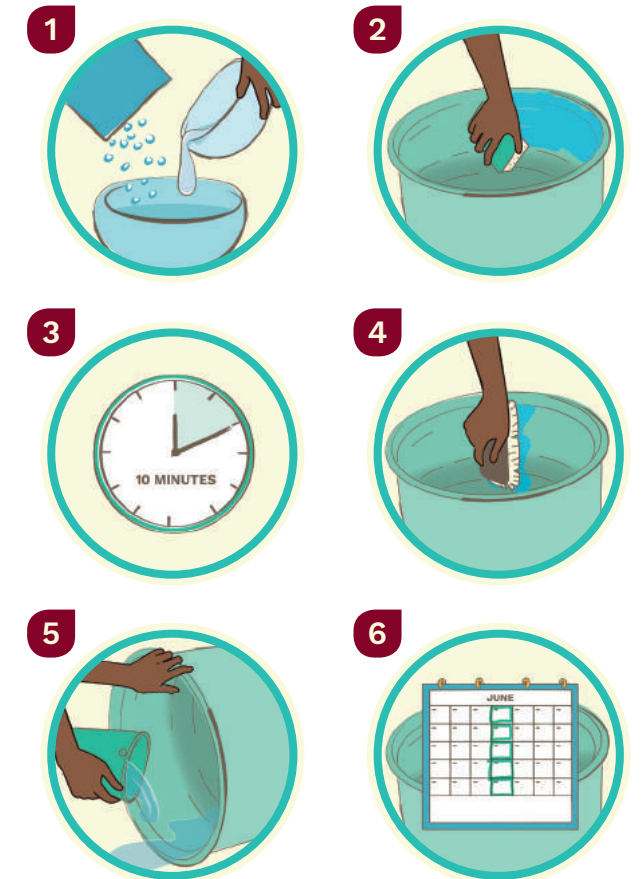
***Together as a family, we eliminate mosquito eggs in water drums!***

## Technique-Scrub the Walls of the Water Drum with Bleach and Detergent

### Eliminate mosquito eggs from the walls of water drums weekly

**DEMONSTRATE** the following steps with the person:

1. Mix household liquid bleach and powder laundry detergent (without ammonia) in equal amounts without adding water to make a paste.
2. Using a sponge, apply the mixture to the inside walls of the entire drum. If there is not enough mixture to cover the entire wall, prepare more. You may prefer to empty the water container completely before applying the mixture.
3. Wait at least 10 minutes for the bleach to have contact with the eggs.
4. Use a plastic brush with hard bristles to scrub the walls of the drum with the mixture for at least 5 minutes.
5. Rinse the walls of the drum with water to remove the bleach and detergent mixture, then refill as planned.
6. Repeat this technique weekly.



## Technique-Apply Bleach Just Above the Water Line

### Eliminate mosquito eggs from the walls of water drums weekly

#### Steps to follow:

1. Dip a sponge in bleach. Do not dilute the bleach with water.
2. Dab the sponge with bleach on the inside walls of the container, focusing on the area just above the water line. Make sure that this area (above the water line) is generously covered with bleach.
3. If the container is empty, also pour enough bleach in to cover the bottom of the container.
4. Allow the bleach to dry for 15 minutes.
5. Fill the drum with water as planned.
6. Repeat the technique weekly.



***Together as a family, we eliminate mosquito eggs in water drums!***

## Technique-Apply Bleach Just Above the Water Line

### Eliminate mosquito eggs from the walls of water drums weekly

This technique consists of dabbing bleach on the inside walls of the water drum just above the water line.

**DEMONSTRATE** the following steps with the person:

1. Immerse or completely wet a sponge in household bleach. Do not dilute the bleach with water.
2. Use the sponge soaked with bleach to dab the bleach on the inside walls of the drum, focusing on the area just above the water line. Make sure that this area (just above the water line) is generously covered with bleach.
3. If the container is empty, also pour enough bleach in to cover the bottom of the container, too.
4. Allow the bleach to dry for 15 minutes.
5. Proceed with filling the water drum with water as planned.
6. Repeat the technique weekly.

#### Emphasize that this technique:

- Is effective when undiluted bleach is used, applying it directly on the walls of the drum.
- DOES NOT require detergent or soap.
- Only kills the eggs attached to the walls, but does not kill the larvae or pupae in the water.
- Does not require scrubbing the walls or rinsing the container with water at the end. This can be helpful when water is scarce.
- Does NOT purify the water to make it safe to drink.





# Technique-Scrub the Walls of the Water Drum with Detergent

Eliminate mosquito eggs from the walls of water drums weekly

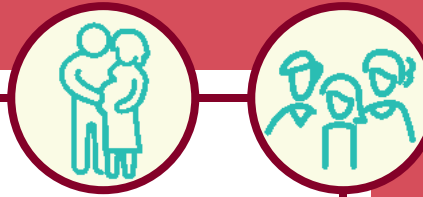
## Steps to follow:

1. Completely empty the water container as it may contain larvae or pupae.
2. Use a plastic brush with hard bristles and soap or detergent to scrub the walls of the drum in a circular motion. Scrub the area above and below where the water line is seen to remove the eggs.
3. Scrub the bottom of the container to remove algae and leaves that could feed the larvae. Rinse thoroughly.
4. Repeat the technique weekly.



**Together as a family, we eliminate mosquito eggs in water drums!**

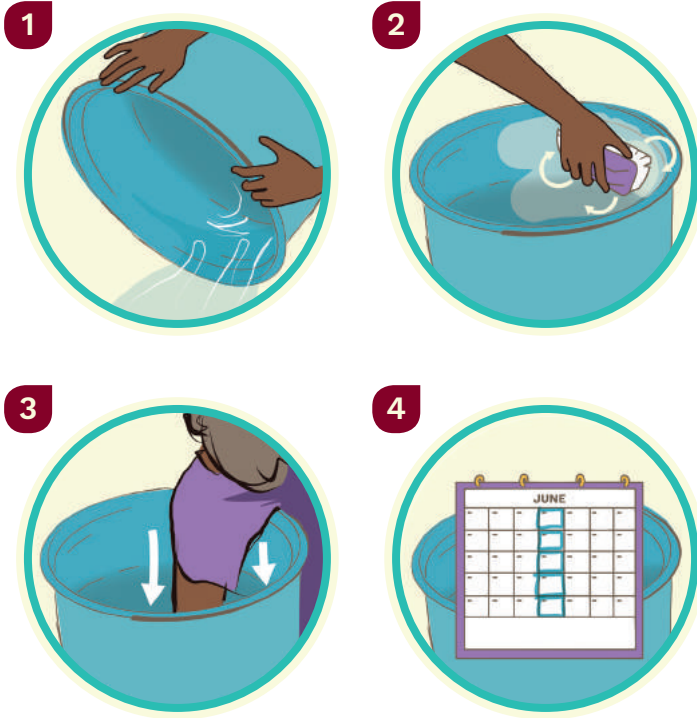
# Technique-Scrub the Walls of the Water Drum with Detergent



Eliminate mosquito eggs from the walls of water drums weekly

**DEMONSTRATE** the following steps with the person:

1. Empty the water container completely as it may contain larvae or pupae. If water remains when brushing, eggs can fall into the water and produce larvae.
2. Use a strong plastic brush with hard bristles and soap or detergent to scrub the walls of the container in a circular motion. Scrub the area above and below where the water line is seen to remove the eggs stuck on the walls.
3. Scrub the bottom of the container to remove algae and leaves that could feed the larvae. Rinse thoroughly.
4. Repeat the process weekly as mosquito larvae become adults in 7-10 days.



## Technique-**Scrub the Walls of the Water Drum with a Brush Only**

**Eliminate mosquito eggs from the walls of water drums weekly**

**Steps to follow:**

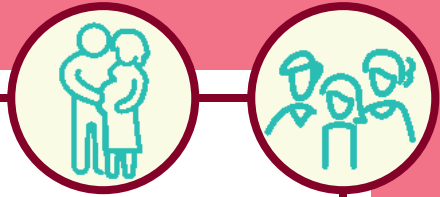
1. Completely empty the water drum as it may contain larvae or pupae.
2. Once it is empty, use a plastic brush with hard bristles to remove the eggs from the walls, scrubbing the walls firmly in a circular motion.
3. Rinse thoroughly and dump out any water that remains in the drum.
4. Repeat the technique weekly.

**NOTE:** It is important to rinse and dump out all the water for this technique to work.



***Together as a family, we eliminate mosquito eggs in water drums!***

## Technique-**Scrub the Walls of the Water Drum with a Brush Only**



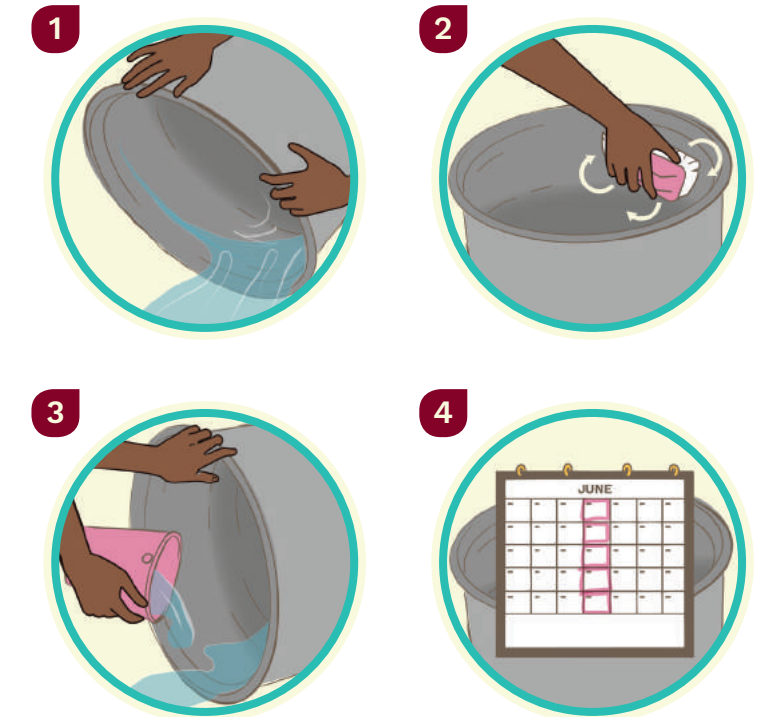
**Eliminate mosquito eggs from the walls of water drums weekly**

**DEMONSTRATE** the following steps with the person:

1. Completely empty the water drum as it may contain larvae or pupae.
2. Once it is empty, use a plastic brush with hard bristles to remove the eggs from the walls, scrubbing the walls firmly in a circular motion.
3. Rinse and dump out any water that remains in the drum.
4. Repeat the technique weekly.

**Emphasize that this technique:**

- Is the least recommended, because scrubbing with a brush alone does not kill all the eggs. However, it can be useful if there is no detergent or bleach available.
- It is important to rinse thoroughly because the eggs that fall into the water during scrubbing can go on to become adults.



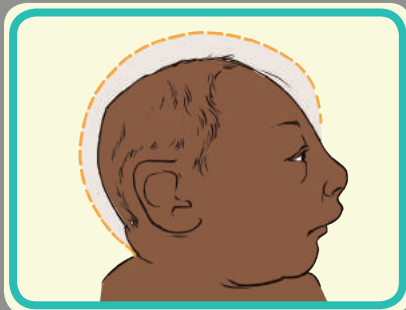


## Attend Prenatal Check-Ups to Learn About Zika and How To Prevent it



At prenatal check-ups you can learn about:

- Zika and the risks for the pregnant woman and her unborn baby.
- How to avoid sexual transmission of Zika and how to use a condom.
- How to protect the baby from the risks and consequences of Zika, like Congenital Zika Syndrome and microcephaly.
- The correct use of repellent to avoid mosquito bites.
- How to identify and eliminate mosquito breeding sites at home.



***Together as a couple, we go to prenatal check-ups!***

## Attend Prenatal Check-Ups to Learn About Zika and How To Prevent it



**Ask and learn about Zika prevention tips to protect the health of the unborn baby.**

At prenatal check-ups you can learn about:

- Zika and the risks for the pregnant woman and her unborn baby.
- How to avoid sexual transmission of Zika and how to use a condom.
- How to protect the baby from the risks and consequences of Congenital Zika Syndrome and microcephaly. Babies with microcephaly have a smaller head size than other children and may have disabilities and delays in speech, learning and movement as well as deafness and blindness.
- The correct use of repellent to avoid mosquito bites.
- How to identify and eliminate mosquito breeding sites in and around the home.

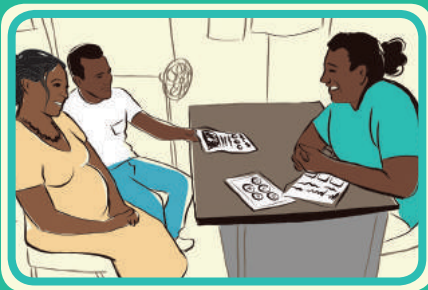




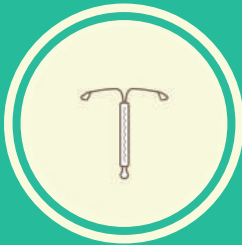
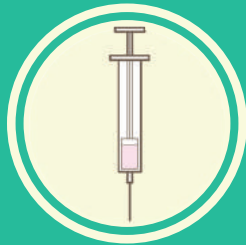
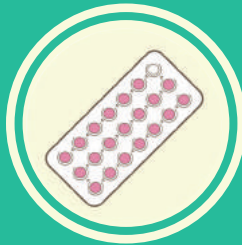
# Seek Counselling on Modern Methods of Family Planning if You Do Not Plan to Get Pregnant

## Family planning helps families protect themselves from the consequences of the Zika virus.

- An infected mother can pass the virus to her baby during pregnancy. Babies with Zika can develop microcephaly.
- Using family planning methods prevents unplanned pregnancies, helping to reduce Zika transmission from mother to child.
- Talk to your partner about family planning. Learn which methods are available and decide together which method to use.
- Visit the health facility to discuss family planning options. You can also check at pharmacies and with your doctor.



What are the most effective family planning methods to prevent pregnancy and reduce the risk of Zika transmission from mother to child?



**Together as a couple, we learn about family planning!**

# Seek Counselling on Modern Methods of Family Planning if You Do Not Plan to Get Pregnant

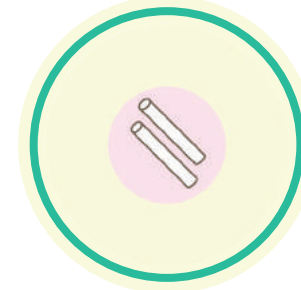
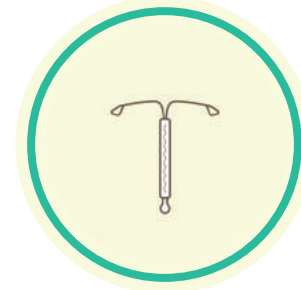
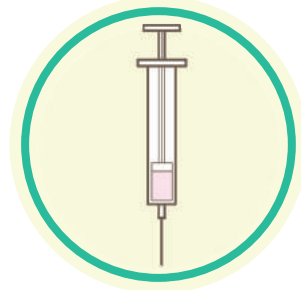
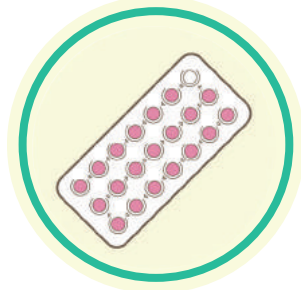


## COMMUNICATE

- Couple communication is key to be informed and decide on family planning options.
- An infected mother can pass the virus to her baby during pregnancy.
- Family planning methods prevent unplanned pregnancies and help reduce the risk of Zika transmission from mother to child and prevent Congenital Zika Syndrome / microcephaly.
- Babies with microcephaly have a smaller head size than other children and may have disabilities and delays in speech, learning and movement, as well as deafness and blindness.

## MOTIVATE

- Talk to your partner about family planning. Learn which methods are available and decide together which to use.
- Go to the health centre, pharmacy or doctor. Service providers can advise on the best family planning method to prevent unplanned pregnancies and avoid the risk of Zika virus transmission.
- There is a range of methods to choose from. The most effective methods to prevent an unplanned pregnancy and reduce the risk of mother-to-child transmission and Congenital Zika Syndrome are the hormonal implant, the IUD, the condom, the injectable, and the pill.





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